



INSPIRED SENIOR LIVING

# January 2024

## Four Elms Retirement Residence Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15 Balloon Tennis (A) <b>1</b> 10:00 Exercise (GYM) 2:00 Live Concert: Gilad (A) 6:30 Amercia's Got Talent (A)	9:15 Balloon Tennis (A) <b>2</b> 10:00 Virtual Exercise (A) 11:05 Trivia (A) 2:00 Bridge Group (L) 2:00 Bingo (A) 6:30 Kalooki Group (GR)	9:15 Balloon Tennis (A) <b>3</b> 10:30 IPAC Presentation by Mackenzie Health (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 3:30 Wheel of Fortune (A) 7:00 Toronto Maple Leafs Pub Social (B)	9:30 Balloon Tennis (A) <b>4</b> 10:00 Exercise (GYM) 10:45 Fit Minds with Frances.P (A) 2:00 Bowling (GYM) 6:45 Card Games (A)	9:15 Balloon Tennis (A) <b>5</b> 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:00 Darts (GR) 2:30 Pre-Shabbat Service (A)	9:30 Balloon Tennis (A) <b>6</b> 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)
Activity Package Available At Reception (RECE) <b>7</b> 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:30 Scrabble Group (A)	9:15 Balloon Tennis (A) <b>8</b> 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee (T) 3:30 Amercia's Got Talent (A)	9:15 Balloon Tennis (A) <b>9</b> 10:00 Tai Chi with Janny (A) 12:00 Lunch Outing: Tai Room (OU) 2:00 Bridge Group (L) 2:00 Live Concert: Pepper Shakers (A) 3:30 Trivia (A) 6:30 Kalooki Group (GR)	9:15 Balloon Tennis (A) <b>10</b> 10:00 Exercise (GYM) 10:30 Tena Home Product Selection Education (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 3:30 Wheel of Fortune (A) 6:45 Virtual Seated Zumba (A)	9:30 Balloon Tennis (A) <b>11</b> 10:00 Exercise (GYM) 10:45 Fit Minds with Frances.P (A) 2:00 Meet me at MoMA (A) 2:15 Darts (GR) 6:45 Live Concert: Brian Larter (A)	9:15 Balloon Tennis (A) <b>12</b> 10:00 Exercise (GYM) 10:15 Walmart Shopping Trip (OS) 10:45 Words in a Word (A) 2:00 Darts (GR) 2:30 Pre-Shabbat Service (A)	9:30 Balloon Tennis (A) <b>13</b> 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)
Activity Package Available At Reception (RECE) <b>14</b> 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:30 Scrabble Group (A)	9:15 Balloon Tennis (A) <b>15</b> 10:00 Virtual Seated Zumba (A) 2:00 Meet Me at MoMA (A) 3:30 Amercia's Got Talent (A) 6:45 Live Concert with Zack (A)	9:15 Balloon Tennis (A) <b>16</b> 10:00 Tai Chi with Janny (A) 2:00 Bridge Group (L) 2:00 Bingo (A) 3:30 Trivia (A) 7:00 Toronto Maple Leafs Pub Social (B)	9:15 Balloon Tennis (A) <b>17</b> 10:00 Dance Class (A) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 6:45 Live Concert: Manvir (A)	9:30 Balloon Tennis (A) <b>18</b> 10:00 Exercise (GYM) 10:30 Markville Mall (OU) 10:45 Fit Minds with Frances.P (A) 2:15 Darts (GR) 6:45 Card Games (A)	9:15 Balloon Tennis (A) <b>19</b> 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:00 Darts (GR) 2:30 Pre-Shabbat Service (A)	9:30 Balloon Tennis (A) <b>20</b> 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> Activity Package Available At Reception (RECE) 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:30 Scrabble Group (A)	<b>22</b> 9:15 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 2:00 Movie Night (2TV) 3:30 Amercia's Got Talent (A) 7:15 Raptors Game Pub Social (B)	<b>23</b> 9:15 Balloon Tennis (A) 10:45 Trivia (A) 2:00 Bridge Group (L) 2:00 Bingo (A) 6:30 Kalooki Group (GR)	<b>24</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 6:45 Live Concert with James (A)	<b>25</b> 9:30 Balloon Tennis (A) 10:00 Exercise (GYM) 10:30 Casino Rama (OU) 10:45 Fit Minds with Frances.P (A) 2:15 Darts (GR) 6:45 Live Concert: Zack Harrison (A)	<b>26</b> 9:15 Balloon Tennis (A) 10:00 Exercise (GYM) 10:45 Words in a Word (A) 2:00 Darts (GR) 2:30 Pre-Shabbat Service (A)	<b>27</b> 9:30 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 2:00 Movie Matinee with David Dunn (T) 6:30 Rummy Q Game Session (A)
<b>28</b> Activity Package Available At Reception (RECE) 9:15 Balloon Tennis (A) 10:00 Virtual Exercise (A) 2:15 Floor Curling with Manager on Duty (GYM) 3:15 America's Got Talent (A) 6:30 Scrabble Group (A)	<b>29</b> 9:15 Balloon Tennis (A) 10:00 Virtual Seated Zumba (A) 3:30 Amercia's Got Talent (A) 6:45 Live Concert: Martin (A)	<b>30</b> 9:15 Balloon Tennis (A) 11:30 Lunch Outing: Dragon Legend (OU) 2:00 Bridge Group (L) 2:00 Bingo (A) 3:30 Trivia (A) 6:30 Kalooki Group (GR)	<b>31</b> 9:15 Balloon Tennis (A) 10:00 Dance Class (A) 10:45 Wheel of Fortune (A) 2:00 Floor Curling (GYM) 3:00 Knitting Circle (FL) 6:45 Virtual Seated Zumba (A)			

MONDAY  
JAN 1  
New Year's Day

MONDAY  
JAN 15  
Martin Luther King Jr. Day

### Locations Legend

Activity Room (Main Level) (A)	Reception (RECE)
Gym (Lower Level) (GYM)	Outing (OU)
Games Room (GR)	Bar & Bistro (B)
Library (L)	Outing (OS)
Fireplace Lounge (FL)	2F TV Room (2TV)
Theatre (Lower Level) (T)	Bistro Bar (B)

### Calendar Legend

Outing  
Special Program  
Living, Loving, Local  
Signature Program